



Montana Office of Public Instruction
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Model Lesson Plan

Health Enhancement Traditional Games Grade 2

“Kickballs” - Racing Games and Footbag Games

Stage 1 Desired Results

Established Goals

Health Enhancement Standard 3, Benchmark 4.1: ... improve personal performance in ... motor skills ... **through body and space awareness, effort, and relationships.**

Essential Understanding 3: The ideologies of Native traditional beliefs and spirituality persist into modern day life as tribal cultures, traditions and languages are still practiced by many American Indian people and are incorporated into how tribes govern and manage their affairs. Additionally, each tribe has its own oral history **beginning with their origins** that are as valid as written histories. These histories pre-date the “discovery” of North America.

Understandings

1. We live in a world that has many cultures.
2. How people in these cultures practice their traditions is often different.

Essential Questions

1. Why are the game pieces often different in each tribe?
2. Why is it important to know the different tribe’s games?

Students will be able to...

1. Participate in moves through the different kickball/bag stations, practicing the games of the Pauite, Northern Cheyenne, and Tewa tribes.
2. Participate in a class group discussion regarding:
 - a. Why the game pieces are often different in each tribe.
 - b. What is the value of studying the different tribe’s games.

Students will know...

1. Four types of Indian kicking games.
2. Four types of Indian kicking equipment for races and games.

Stage 2 Assessment Evidence

Performance Tasks

1. Will move through the different kickball/bag stations.
2. Participate in a class group discussion.

Stage 3 Learning Plan

Teaching Area

Full gym or large playing field outdoors (indoors or outdoors or in a gym)

Station 1: Pauite football game needs alleyway on one side of gym or field about 50' long by 25' wide.

Station 2: Northern Cheyenne kickball race needs alleyway on other side of gym, 100' x 10'.

Station 3: Tewa Slingball game needs alleyway on the end of the gym, 30' long x 10' wide.

Station 4: Northern Cheyenne foot-bag game needs center of playing field with enough space for a quarter of the class size, approximately six players, to play kickbag (hacky sak) against partners.

Equipment needed

Station 1: Two Pauite footballs (*Page 705, Games of the North American Indians*). Buckskin ball filled with hair, 3" diameter. Goals are 8' high made of willow with a tripod appearance.

Station 2: Two Northern Cheyenne kickballs (*Page 705, Games of the North American Indians*). *Cheyenne reservation Montana Cat. No 69978* Kicking football, covered with buckskin, irregularly elliptical, with two faces, consisting of disc of buckskin sewn to a middle band 2" wide and painted red to which is attached a buckskin thong 24" long; diameter, 9 ½".

Station 3: Two Tewa Slinging balls (*Page 680, Games of the North American Indians*, figure 904). 3 ½" diameter, covered with a piece of an old stocking, slackened, and having a braided wool cord, 10" in length, with a knot at the end, attached.

Station 4: Three Northern Cheyenne footbags (*Page 705, Games of the North American Indians*, figure 923). Kicking football covered with buckskin, irregularly elliptical, with two faces, consisting of disks of buckskin sewn to a middle band 2" wide and painted red, to which is attached a buckskin thong 24" in length: diameter, 9 ½".

Game Rules

Participants will move through four stations of racing or kickball games learning the rules and culture from which the balls or bags for kicking originated.

Concepts: Respect, elders, Northern Cheyenne

Station 1: Pauite Football: Four players advance down a 50' field to place-kick their balls between tripod goals. The ball must pass under one of the three sticks of the tripod first to be the winner (ball must be advanced without the use of hands).

Station 2: Northern Cheyenne: Kickball Race is run by two runners, down the alleyway and back, with the runner whose body and ball crosses the line first as the winner.

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Station 3: Tewa: Slingball is used in a game in which the contestants lie on their backs holding the tail of the slingball between their feet and then sling the ball backward overhead. The slingball going the farthest distance in the air is the winner.

Station 4: Northern Cheyenne. This game is played by one person against another or by one pair against another pair. The goal is to keep the footbag up in the air by kicking it to oneself or back and forth between partners. The person or pair that keeps the footbag up for the greatest number of kicks (like hacky sack) is the winner.

Vocabulary

Kickstick: A small 3” billet (stick) which was used as a ball in a race. Most tribes in the southwest used kicksticks in their races.

Kickball: Small wood, stone, or buckskin balls used in games or races.

Kickbag: Bladder balls with netting on the outside, larger than kickballs. Kickbags were often used in games that allowed hands and feet to advance the game.

Football: Elliptical or round ball used by many tribes to play games similar to soccer or modern football.

Concepts

Algonquian tribes such as Blackfeet, Cheyenne, Chippewa, Cree, Gros Ventres (White Clay) all had kickball games; however, each tribe had variations on how the race was run or game played and what type of ball was used. For the footbag and football games, the same was true.

There were differences in the types of kickstick, kickball, football, and kickbag games of Montana tribes and other tribes. Those differences were determined by the “lay of the land,” the types of natural materials available for the balls, and the traditions, culture, and customs of each tribe.

Safety

There should be concern for safe distances between the four stations of play and matching of ability levels.

Resources

Books

Culin, Stewart. “Games of the North American Indians,” from the *Twenty-Fourth Annual Report of the Bureau of American Ethnology, 1902-1903*, Washington, D.C.: Government Printing Office, 1907

International Traditional Games Society. “Traditional Connections: Recovery of American Indian Games” (August, 2007)

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DVD

Eagle Watch and International Traditional Games Society “Recovery of American Indian Games” available from I.T.G.S., PO Box 406, East Glacier, MT, 59434. Information on: [www. Traditionalnativegames.org](http://www.Traditionalnativegames.org)

Web sites

International Traditional Games Society, <http://www.traditionalnativegames.org>

Montana Office of Public Instruction, “Indian Education for All”, [hppt://www.opi.mt.gov/IndianEd2/Index.html](http://www.opi.mt.gov/IndianEd2/Index.html)

Great Falls Public Schools: Indian Resource Library (books with games list), www.gfps.k12.mt.us, click on departments, choose “Indian Ed Prog/library”